

## **ANECDOTAL REPORT**

*by Fowler C. Jones, Ed.D.*

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J.H. (a 63-year-old male) was a self-referred cancer patient. He has received radiation therapy as well as other medical treatment. He also has a seizure disorder, apparently resulting from the medical treatments. His cancer continues to spread, and he has been in considerable pain.

J.H. has been taking large amounts of medication: 125mg of Tegretol three times a day, 12-15cc a day of Dilantin, Darvocet every four hours, and Zantec. He was taking 11cc of Methadone four times a day — this had recently been changed to morphine.

Despite all the medication, J.H.'s pain was poorly controlled. He had pain in his upper back, as well as headaches. His physician felt much of the pain was due to muscle tension. It was thought additional pain may result from a spasm of the smooth muscles in the walls of the arteries.

Since the medication was doing little to control the pain, J.H. became rather desperate for relief. He went through our local pain clinic without success. He approached me about biofeedback. I decided on a treatment program of thermal biofeedback (where the patient learns to increase the body temperature of, and thereby, blood flow to an affected area) and the Hemi-Sync pain control tape.

J.H. was obviously well motivated. I began administering biofeedback treatments, and on the second visit, I introduced J.H. to the Hemi-Sync pain control tape. I explained that the medication takes some time to act and he could get some Immediate relief with the Hemi-Sync tape in the interim.

J.H. has responded well to both the thermal biofeedback and the Hemi-Sync pain control methods. He says the tape exercises have filled a critical gap in his treatment regime.

There has been one addition to the treatment methods because of J.H.'s tendency to fall asleep (likely a combination of the medication as well as the effects of the tape) and/or feel groggy. I used my Hemi-Sync Synthesizer (contact Jean Wallis % MIAS for details on the Synthesizer) to produce a "concentration" tape that would help J.H. stay awake and alert during day-to-day activities. The Synthesizer-produced tape also helped to reduce pain between medication and tape sessions.

After only four sessions, J.H. is now seeing me on an "as needed" basis. The pain control tape has furnished the backbone of his treatment program and he is most pleased with the results.